

# THE SOURCE

COUNCIL on AGING

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**The *Council on Aging* is gearing up for the holiday season, and we need your help!**



### Operation Seniors' Christmas Project

Each year, the COA coordinates an adopt-a-senior project to help make the holiday season a little more special. Seniors with very limited incomes or seniors without family will get a visit from Santa and one of his helpers to deliver your generous gift and take a picture with Santa. For more information or to adopt a senior, contact Scarlet Ross at 913.684.0786 or email [sross@leavenworthcounty.gov](mailto:sross@leavenworthcounty.gov)

**GIVE A  
GIFT THAT  
COUNTS**

### Christmas Stocking Stuffers Needed

We will be collecting items to fill over 400 Christmas stockings for our seniors this season. Items can be dropped off at the COA. We will be collecting through November 30, 2021.

Click the **Donate Now** seal for a complete list of needed items.



## Our Programs

Attendant Support  
Chore Assistance  
Errand & Shopping Support  
Information & Assistance  
Legal Service  
Leisure & Learning Program  
Pets & Loving Seniors Program  
(PALS)  
Pet-2-Vet Program  
Senior Health Insurance Counseling  
Social Services  
Support Groups  
Telephone & Visiting Support  
Sr. Express Transportation



# November is National Diabetes Month

## A SNAPSHOT

## DIABETES IN THE UNITED STATES

### DIABETES

**34.2  
MILLION**

34.2 million people have diabetes

That's about 1 in every 10 people

1 in 5 don't know they have diabetes

### PREDIABETES

**88  
MILLION**



88 million adults — more than 1 in 3 — have prediabetes

**MORE THAN  
8 IN 10**

adults don't know they have prediabetes



### COST

**\$327  
BILLION**

Total medical costs and lost work and wages for people with diagnosed diabetes

Risk of early death for adults with diabetes is

**60%  
HIGHER**

than for adults without diabetes



People who have diabetes are at higher risk of serious health complications:



### COMMON TYPES OF DIABETES

#### TYPE 1

BODY DOESN'T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

In adults, type 1 diabetes accounts for approximately

**5-10%**

of all diagnosed cases of diabetes



Just over 18,000 youth diagnosed each year in 2014 and 2015

#### TYPE 2

BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately

**90-95%**

of all diagnosed cases of diabetes



Nearly 6,000 youth diagnosed each year in 2014 and 2015

### RISK FACTORS FOR TYPE 2 DIABETES:

**1.5  
MILLION**

People 18 years or older diagnosed with diabetes in 2018



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING PHYSICALLY INACTIVE



BEING 45 OR OLDER

### WHAT CAN YOU DO?

You can **prevent or delay** type 2 diabetes



LEARN MORE AT [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) OR SPEAK TO YOUR DOCTOR

You can **manage** diabetes



LEARN MORE AT [www.cdc.gov/diabetes/managing](http://www.cdc.gov/diabetes/managing) OR SPEAK TO YOUR DOCTOR

#### REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services, 2020.  
American Diabetes Association. Standards of Medical Care in Diabetes—2019. Diabetes Care. 2019; Jan 1: 42 (Supplement 1).  
American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2017. Diabetes Care. 2018; 41(S3):917-928.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.



CS170402

### Better Choices for Life

## Many products compete for your dollar.

Only some contribute to your health, and the organization fighting for those with diabetes.

Inform your choices with the American Diabetes Association's (ADA) expert review.

The **Better Choices for Life** program brings the ADA's evidence-based guidelines and perspective directly to you in the store, so you have what you need to make informed choices about the products you purchase.

When you see products with the ADA's mark on its packaging, you can easily identify those that meet our guidelines. Any claims made by the product related to diabetes management are evaluated to ensure the claims are supported by scientific evidence—so you can feel good about your purchase.

Source: American Diabetes Association, n.d.



## MUFFINS AND MAMMOS

**WEDNESDAY, NOVEMBER 17TH  
9:00 AM**

Get your yearly mammogram and enjoy muffins and company while you wait!



Contact Jessica at 913.684.0777 to RSVP by **November 15th**. Please provide your address and primary care doctor information so we can get you registered.



Need a ride?  
Call Council on Aging  
913-684-0778  
to schedule transportation



Want to meet us there?  
3550 S. 4th St. Leavenworth  
Meet us in the Mammography suite behind the first floor elevators.



This is a SCREENING ONLY - must be 1 year since last screening mammogram-no known lumps or tenderness - no Breast Cancer in the last 5 years

Bring ID and insurance card

Please NO deodorants, perfumes or powders on the day of screening.



Click the **Learn your risk** button to take the ADA's 60-second Type 2 risk test for yourself or a loved one.

**Learn your risk**



# Nutrition Corner

According to the American Diabetes Association (ADA), "What can I eat?" is one of the top questions asked by people with diabetes when they are diagnosed. The ADA explains everyone's body responds differently to different types of foods and diets, so there is no single "magic" diet for diabetes. But you can follow a few simple guidelines to find out what works for you to help manage your blood sugar.

Click [HERE](#) for the key takeaways from ADA's Nutrition Consensus Report.

## When you're managing diabetes and prediabetes, your eating plan is a powerful tool.

Figuring out what to eat doesn't have to be a hassle. There are easy things you can do to add flavor to your daily routine—including healthy twists on your favorite foods.

Most importantly, remember that eating well—and adding activity to your daily routine by moving more—are important ways you can manage diabetes.

## Introducing the Diabetes Plate Method

The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood sugar. Using this method, you can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. All you need is a plate!



### 1. Fill half your plate with nonstarchy vegetables.

Nonstarchy vegetables are lower in carbohydrate, so they do not raise blood sugar very much. They are also high in vitamins, minerals, and fiber, making them an important part of a healthy diet. Filling half your plate with nonstarchy vegetables means you will get plenty of servings of these superfoods.

### 2. Fill one quarter of your plate with lean protein foods.

Foods high in protein such as fish, chicken, lean beef, soy products, and cheese are all considered "protein foods."

Proteins foods (especially those from animal sources) usually contain saturated fat, which may increase your risk of heart disease. Lean proteins are lower in fat and saturated fat, making them a healthier choice.

Keep in mind that some plant-based protein foods (like beans and legumes) are also high in carbohydrates.

### 3. Fill one quarter of your plate with carbohydrate foods.

Foods that are higher in carbohydrate include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk. These foods have the greatest effect on blood sugar.

Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals.

### 4. Choose water or a low-calorie drink

Water is the best choice because it contains no calories or carbohydrates and has no effect on blood sugar. Other zero- or low-calorie drink options include:

Unsweetened tea (hot or iced)

Unsweetened coffee (hot or iced)

Sparkling water/club soda

Flavored water or sparkling water without added sugar

Diet soda or other diet drinks

*Source: American Diabetes Association, n.d.*



For our full events and activities calendar, go to our homepage @ [Council on Aging \(leavenworthcounty.gov\)](http://CouncilonAging.leavenworthcounty.gov)



To be added to our email distribution list, please contact us @ [seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)

### MEALS ON WHEELS VOLUNTEERS ARE NEEDED

Do you have 1 ½ hours during the week?  
(late morning)

Do you like meeting new people?

Do you want to help those in our community?

Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the Council on Aging by calling 913.684.0786 or email [sross@leavenworthcounty.gov](mailto:sross@leavenworthcounty.gov)

All Meals on Wheels volunteers must be able to pass a criminal background check.

### 2021 MEDICARE OPEN ENROLLMENT October 15th - December 7th

We can help:

- **Research and enroll** in new Prescription Drug Plans (Part D) or other prescription drug plans
- **Switch plans** between Original Medicare (Part A) and Medicare Advantage and vice versa
- **Research Supplemental Plans** such as Medigap under Original Medicare
- **Change coverage** between Medicare Advantage Plans

Call or email today to make a telephone or in-person appointment to visit with one of our Senior Health Insurance Counselors of Kansas (SHICK).

**Council on Aging: 913.684.0777**

**Email: [seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)**



## Thanksgiving Feast

Enjoy a Thanksgiving feast **without the cooking!** This year we will be providing the full lunch, so you can enjoy a pre-holiday celebration with friends!

**Date: Friday, November 19th, 2021**

**Time: 1:00 p.m.**

**Place: Council on Aging**

**1830 S. Broadway, Leavenworth, KS**

\$5 per person.

Please reserve your seat by **November 12th.**

Call Emily at 913.684.0777 for more information.



### *Around Emily's Kitchen Table*

### *Caramel Apple Salad*

#### INGREDIENTS:

Caramel Apple Salad

4 Granny Smith apples, or any tart apples

1 package butterscotch pudding mix (dry)

1 tub frozen whipped topping, thawed

½ cup honey roasted peanuts

#### INSTRUCTIONS:

Wash and cube apples, place apple cubes into medium bowl. Sprinkle dry pudding mix onto apples, stir to mix well. Fold in whipped topping. For best results, refrigerate for at least 1 hour. Stir in peanuts when ready to serve.

**Notes:** Make this recipe diabetic friendly by substituting sugar free pudding mix, sugar free frozen whipped topping and dry roasted peanuts. All of the flavor and none of the sugar!

*Enjoy!*





# L.O.L.

**Q: Why was the Thanksgiving soup so expensive?**

**A: It had 24 carrots.**



**Q: What did the turkey say to the computer?**

**A. Google, Google**



## MASK REQUIREMENT

Out of an abundance of caution due to the continued increase in positive COVID cases in Leavenworth County and to ensure everyone's safety, the *Council on Aging* will continue to require masks when participating in programs and services offered by our agency. We thank you in advance for your understanding.

## SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

For current service status, fees and to schedule your trip, call 913.684.0778. Office Hours: Monday-Friday 7:00 am - 4:00 pm  
Service Hours: Monday-Friday 8:00 am - 3:00 pm Closed on weekends and most Federal holidays. Handicap Accessible.

## Aging Resources

Adult Protective Services.....1.800.922.5330

Emergency Respite:

Country Care.....913.773.5517

Medical Lodge.....913.772.1844

Guidance Center.....913.682.5118

Kansas Aging and Disability Resource

Center.....855.200.2372

Leavenworth County Health Department

.....913.250.2000

Medicare .....1.800.633.4227

Poison Control Center.....1.800.222.1222

Property Fraud Alert Hotline.1.800.728.3858

Social Security Office .....1.800.772.1213

Wyandotte Area Agency on Aging

.....913.573.8531

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:

**Leavenworth County Council on Aging**

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